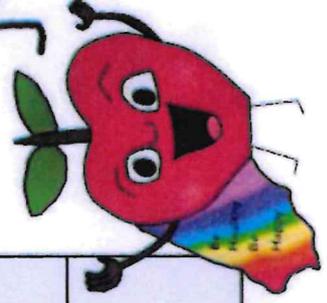
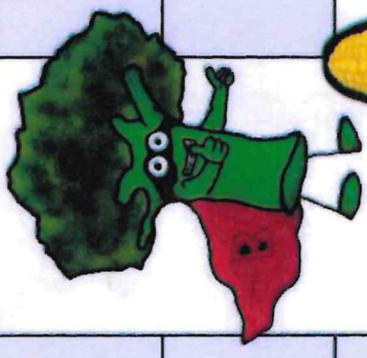
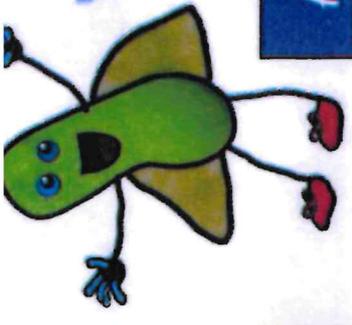


Week One

First Schools' Menu



<i>Available Daily</i>	Mixed Salad Yogurt Fresh Fruit	Milk Water
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Food Suppliers

- 'Runner Hero' by Luke Henson.
St John's First School
- 'Captain Corn' by Jackson Whitby.
Marshbrook First School
- 'Brave Broccoli' by Emily Haughtley.
Princefield First School
- 'Miss Athletico Apple Core' by Lana Reid.
St Mary & St Chad First School

	Option #1	Option #2	Veggies	Pudding
<i>Monday</i>	Cheese & Tomato Pizza D, W	Cheese & Potato Pie D	Peas/Bean	Jelly
<i>Tuesday</i>	Sausage & Hash Browns W	Jacket Potato Cheese & Beans D	Green Beans/Peas	Ice cream Pot D
<i>Wednesday</i>	Chicken Roast Dinner D, W, E	Quorn Roast Dinner D, W, E	Mixed Vegetables	Sprinkle Cake D, W, E
<i>Thursday</i>	Chicken Burger W	Cheese Flan D, W, E	Green Beans/Carrots	Cupcake D, W, E
<i>Friday</i>	Fish & Chips W, F	Jacket Potato with Tuna/ Cheese & Beans D or F	Sweetcorn	Rocky Road W

w/c: 05/01 26/01 23/02 16/02

Allergen Legend

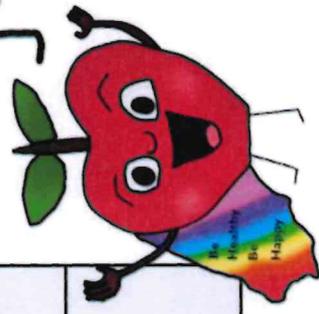
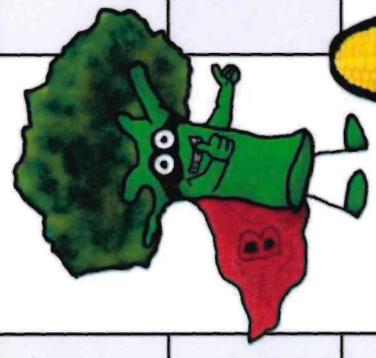
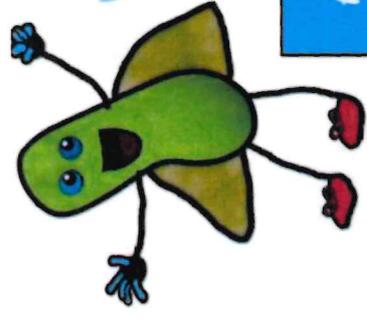
(W)	(E)	(F)	(D)
Wheat / gluten	Eggs	Fish	Dairy / milk



Week Two

First Schools' Menu

PENK VALLEY ACADEMY TRUST



	Option #1	Option #2	Veggies	Pudding
Monday	Sausage Roll & Hash Brown D, W, E	Cheese Beans Bake D, W, E	Peas/Beans	Jelly
Tuesday	Chicken Stake & Waffles W	Jacket Potato Cheese & Beans D	Green Beans/Peas	Chocolate Sponge & Custard D, W, E
Wednesday	Sausage Roast Dinner D, W, E	Quorn Roast Dinner D, W, E	Green Beans/Carrots	Chocolate Chip Cookie D, W, E
Thursday	All Day Breakfast W	Quorn Breakfast W, E	Green Beans/Carrots	Rainbow Sponge D, W, E
Friday	Fish & Chips W, F	Jacket Potato with Tuna/ Cheese & Beans D or F	Sweetcorn	Chocolate Crispy Cake W

Available Daily
Mixed Salad Yogurt Fresh Fruit
Milk Water

Food Superheroes

- 'Runner Hero' by Luke Henson. St John's First School
- 'Captain Corn' by Jackson Whitby. Marshbrook First School
- 'Brave Broccoli' by Emily Haughtley. Princefield First School
- 'Miss Athletico Apple Core' by Lana Reid. St Mary & St Chad First School

w/c: 12/01/02 02/03 23/03

Allergen Legend

- (W) Wheat/gluten
- (E) Eggs
- (F) Fish
- (D) Dairy / milk

BRITISH LION BRAND

Free Range Egg

FAIRTRADE

RETRACTOR CERTIFIED STANDARDS

FOOD HYGIENE RATING

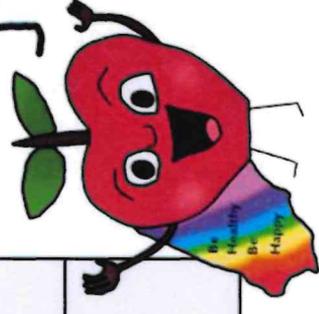
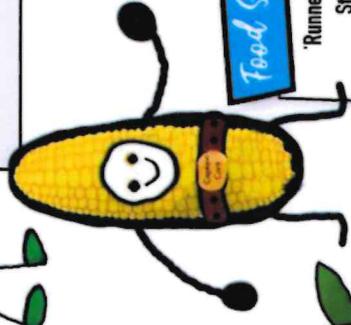
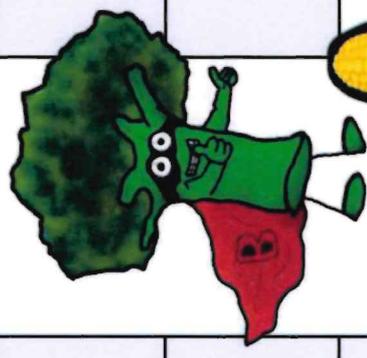
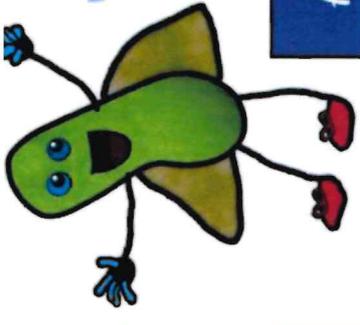
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VERY GOOD

Week Three

First Schools Menu

PENK VALLEY
ACADEMY TRUST



<i>Available Daily</i>	Mixed Salad Yogurt Fresh Fruit	Milk Water
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Food Suppliers

- 'Runner Hero' by Luke Henson.
St John's First School
- 'Captain Corn' by Jackson Whitby.
Marshbrook First School
- 'Brave Broccoli' by Emily Haughtley.
Princefield First School
- 'Miss Athletico Apple Core' by Lana Reid.
St Mary & St Chad First School

	Option #1	Option #2	Veggies	Pudding
<i>Monday</i>	Cheese & Tomato Pizza D, W	Veggie Chilli with Cheesy Nachos D	Peas/Beans	Jelly
<i>Tuesday</i>	Tomato & Sausage Pasta Bake & Garlic Bread D, W	Jacket Potato Cheese & Beans D	Green Beans/Peas	Ice cream Pot D
<i>Wednesday</i>	Chicken Roast Dinner D, W, E	Quorn Roast Dinner D, W, E	Mixed Vegetables	Oreo Sponge Cake D, W, E
<i>Thursday</i>	Chicken Nuggets & Waffles W	Veggie Fingers & Waffles D, W	Green beans/Carrots	Rocky Road W
<i>Friday</i>	Fish & Chips W, F	Jacket Potato with Tuna/ Cheese & Beans D or F	Sweetcorn	Arctic Roll D, W, E

Allergen Legend

	(W)	Wheat / gluten
	(E)	Eggs
	(F)	Fish
	(D)	Dairy / milk

W/C 19/01 09/02 09/03

